

School Health Promotion Morning Announcements

MARCH: Power Up With a Healthy Snack



Colors:

[Start speaking here.]

Snacking on food that is good for you will give you energy and keep your brain more alert. Let's come up with a fruit or vegetable that matches each of these colors!

- Red
(pause) How about red peppers or an apple?
- Orange
(pause) That's an easy one – an orange!
- Purple
(pause) An eggplant or grapes!
- Green
(pause) Broccoli!
- Yellow
(pause) Bananas!

Good job. We eat all types of food to be healthy. Fruits and veggies have important vitamins. Foods like chicken, cheese and peanut butter have protein, which we also need to be strong and healthy. Now – what could we combine with these fruits and vegetables to “power up” with protein? A little low-fat cheese, yogurt or peanut butter should do the trick!

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